

 <p>Collect 5 points as you pass</p>	<p>How many toilet rolls can you balance on your body</p>	 <p>15 second water break</p>	<p>Throw an object into a target 10 times</p>	 <p>Name 2 NBA teams that begin with the letter C</p>	 <p>Move forward 4 spaces</p>	 <p>15 second water break</p>	<p>Perform 40 squat jumps</p>	 <p>15 second water break</p>	<p>Balance an object on your head for 30 seconds</p>	<p>Pass an object around your waist 25 times</p>	 <p><b>SIN BIN!</b></p>
<p>Perform a safe pencil roll</p>	<p>Perform a 1 foot to 2 feet jump</p>	<p>Perform 30 push ups</p>	<p>Jump forwards and backwards over a pillow 30 times</p>	<p>Perform 3 different types of jumps</p>	<p>Perform 3 different types of jumps</p>	<p>Perform a balance using 1 hand and 1 foot</p>	<p>Skip for 1 minute</p>	<p>Perform a safe forward roll</p>	<p>Keep a balloon in the air for 60 seconds</p>	<p>Move forward 4 spaces</p>	<p>Perform a 1 foot to 2 feet jump</p>
<p>15 second water break</p>	<p>15 second water break</p>	<p>15 second water break</p>	<p>15 second water break</p>	<p>15 second water break</p>	<p>15 second water break</p>	<p>15 second water break</p>	<p>15 second water break</p>	<p>15 second water break</p>	<p>15 second water break</p>	<p>15 second water break</p>	<p>15 second water break</p>
<p>American Football</p> <p>Name 2 NFL teams that begin with the letter T</p>	<p>St Georges Park Premiership teams in 30 seconds</p> 	<p>Move forward 4 spaces</p>	<p>Move forward 4 spaces</p>	<p>Move forward 4 spaces</p>	<p>Move forward 4 spaces</p>	<p>Perform a balance using 1 hand and 1 foot</p>	<p>Skip for 1 minute</p>	<p>Perform a safe forward roll</p>	<p>Keep a balloon in the air for 60 seconds</p>	<p>Move forward 4 spaces</p>	<p>Perform a 1 foot to 2 feet jump</p>
<p>Wimbledon</p> <p>Name 2 male and 2 female tennis players in 40 seconds</p> 	<p>Balance on 1 leg for 60 seconds</p>	<p>Perform 30 sit ups</p>	<p>Move forward 4 spaces</p>	<p>Jump side to side over a pillow 40 times</p>	<p>Perform a 2 feet to 1 foot jump</p>	<p>15 second water break</p>	<p>Create and perform a 2 minute dance routine</p>	<p>Perform 40 star jumps</p>	<p>Wimbledon</p> <p>Name 2 male and 2 female tennis players in 40 seconds</p> 	<p>Move forward 4 spaces</p>	<p>Roll AGAIN!</p> 
<p>SIN BIN! Move straight to SIN BIN. DO NOT PASS GO!</p> 	<p>Perform 40 star jumps</p>	<p>Wimbledon</p> <p>Name 2 male and 2 female tennis players in 40 seconds</p> 	<p>Balance on 1 leg for 60 seconds</p>	<p>Perform 30 sit ups</p>	<p>Move forward 4 spaces</p>	<p>Jump side to side over a pillow 40 times</p>	<p>Perform a 2 feet to 1 foot jump</p>	<p>15 second water break</p>	<p>Create and perform a 2 minute dance routine</p>	<p>Roll AGAIN!</p> 	



THE PE AND SCHOOL  
SPORTS NETWORK

# SPORT POLY

### RULES

- Each player has a different object to use as a game piece during game.
- Roll the dice, move your piece and complete the task.
- First player to either collect 100 points or complete two different sets of colours wins.